

**AMENDMENTS TO CLAIMS**

1. (Previously Presented). A method of exercising a hand, said hand including fingers and a palm, said method comprising the steps of
  - (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said exercise apparatus having a generally circular center line Y and a deformability which permits one portion of the apparatus to be rotated by the fingers while another portion of the apparatus is stationary;
  - (b) grasping the exercise apparatus in the hand between the fingers and palm such that a first portion of the apparatus is grasped by the fingers and a second portion of the apparatus nests in the palm of the hand;
  - (c) moving the fingers to simultaneously
    - (i) displace said first portion toward said second portion, and
    - (ii) elastically rotate and twist said first portion about said centerline Y while said second portion generally remains nested in and is prevented from rotating by the palm.
2. (Previously Presented). The method of Claim 1 wherein said first portion has a generally circular cross sectional area and said cross-sectional area is reduced by less than 5% during step (c).

- 1 3. (Previously Presented). The method of Claim 1 wherein said first portion has a  
2 generally circular cross section area and said cross-sectional area is reduced by  
3 less than 20% during step (c).  
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- 5 4. (Currently Amended). The method of Claim 1 wherein said exercise apparatus has  
6 a durometer in the range of ~~40 to 50~~ 30 to 50.  
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- 9 5. (Previously Presented). The method of Claim 1 wherein said exercise apparatus  
10 includes a central opening having a diameter in the range of one and five-eighths  
11 inches to two and one-eighth inches, and includes a generally circular elastic ring  
12 circumscribing said opening and having a circular cross-section with a diameter in  
13 the range of five-eighths to nine-eighths of an inch.  
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- 15 6. (Previously Presented). A method of exercising a hand, said hand including fingers  
16 and a palm, said palm including an upper portion, each of said fingers including a  
17 lower portion, said method comprising the steps of  
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19 (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said  
20 exercise apparatus having a generally circular center line Y and a deformability  
21 which permits  
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23 (i) one portion of the apparatus to be rotated by the fingers while another  
24 portion of the apparatus is stationary, and  
25 (ii) said apparatus to arch elastically into the upper portion of the palm and the  
26 lower portion of each of the fingers;  
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28 (b) grasping the exercise apparatus in the hand between the fingers and palm such that

- 1 a first portion of the apparatus is grasped by the fingers and a second portion of the  
2 apparatus nests in the palm of the hand;
- 3 (c) moving the fingers to simultaneously  
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5 (i) displace said first portion toward said second portion,  
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7 (ii) elastically rotate and twist said first portion about said centerline Y while said  
8 second portion generally remains nested in and is prevented from rotating  
9 by the palm, and  
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11 (iii) cause said apparatus to elastically arch into the upper portion of the palm  
12 and the lower portion of each of the fingers.
- 13 7. (Previously Presented). The method of Claim 6 wherein said first portion has a  
14 generally circular cross-sectional area and said cross-sectional area is reduced by  
15 less than 5% during step (c).  
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- 17 8. (Previously Presented). The method of Claim 6 wherein said first portion has a  
18 generally circular cross section area and said cross-sectional area is reduced by  
19 less than 20% during step (c).  
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- 22 9. (Previously Presented). The method of Claim 6 wherein said exercise apparatus  
23 has a durometer in the range of 40 to 50.  
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- 25 10. (Previously Presented). The method of Claim 6 wherein said exercise apparatus  
26 includes a central opening having a diameter in the range of one and five-eighths  
27 inches to two and one-eighth inches, and includes a generally circular elastic ring  
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circumscribing said opening and having a circular cross-section with a diameter in the range of five-eighths to nine-eighths of an inch.

- 11. (Previously Presented). The method of Claim 4 wherein said exercise apparatus is fabricated from rubber.
- 12. (Previously Presented). The method of Claim 9 wherein said exercise apparatus is fabricated from rubber.